

Janelle E. Althen, MSW, LCSW
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Educational Background

<i>Master of Social Work</i> 1995	University of Denver, Graduate School of Social Work
<i>Bachelor of Arts in Psychology</i> 1991	University of Colorado
<i>Marriage and Family Therapy Certificate</i> 1994-96	Denver Family Institute

Professional Experience

2013 to present - **Co-Director: PASS Center** (“Post-Adoption Support & Services” for Internationally Adopting Families)

Provide child, adolescent, family, and couple therapy to internationally adoptive families; create and supervise attachment and trauma training for professionals and families – pre and post adoption; Facilitate monthly team case consultations; program management; clinical supervision.

2010 to present – **Adjunct Professor, University of Denver - Graduate School of Social Work**

Teach Couples Therapy course to graduate students in the Marriage and Family Therapy Track; Teach Child and Adolescent Trauma course to graduate students in various tracks.

2009 to present – **Faculty, Denver Family Institute**

Teach the Trauma and Attachment-Focused Family Therapy course to post-graduate marriage and family therapy students; provide group and individual supervision to students who are providing individual, couple, and family therapy to clients in the Denver Metro area.

1998 to Present – **Private Practice Psychotherapist**

Specialize in work with couples and families; main areas of expertise: 1) couples, 2) problems related to early trauma/attachment (complex trauma); special focus in international adoption; attachment parenting; also see individuals and families with other issues.; Provide supervision to therapists working toward licensure.

1996 to 2012 – **Adoption Social Worker:** Chinese Children Adoption International (1996 to 2012) / Designated Adoption Services (2000 to 2004) / Adoption Journey (2003 to 2007) / Angeldance International (2008-2009)

Interview and assess prospective adoptive parents to recommend them for adoption; prepare home study reports (SAFE trained); educate adoptive parents about attachment and general parenting issues; conduct post-placement supervision and counsel to families returning from China and other countries; post-adoption attachment assessment; consult with staff regarding problematic cases. Teach parent training classes in attachment, trauma, & general adoption issues.

2004 to 2009 – **Clinical Director, Red Thread Counseling Center** (CCAI)

Center provided individual & family therapy for internationally adopting families. Oversaw general operations, supervised program administrator & therapists, saw families for therapy, provided consultation services for out-of-state families.

1996-98, 2000-01 – **Adams Community Mental Health, School-Based Family Therapist**

Did individual, couple, and family therapy as a school-based therapist at Thornton Elementary and Middle School and Thornton High School. (Responsibilities also included family therapy, case management, crisis intervention, consultation with school staff and administration, staff training, and supervising interns.)

1994 to 1996 – Family Therapy Training Center of Colorado (Now called Denver Family Institute)

Saw individuals, couples, and families for therapy in FTTC (now “Denver Family Institute”) clinic.

Publications

Althen, J. (Spring, 2013) Sleep Struggles Following Your Adoption. (reprinted) Lifelines Magazine for Adoptive Families, pp. 20-21.

Althen, J. (January 2010). Getting the Right Help. *Adoption Today*, pp. 30, 41.

Althen, J. (January/February 2007, Vol. 57) Sleep Struggles Following Your Adoption. *Circle*, pp. 4-5.

Althen, J. (March/April 2006, Vol. 52) Attachment. *Circle*, p.3.

Teaching Experience

University of Denver, Graduate School of Social Work – (Fall 2014, Winter 2015) *30 hour graduate course: Child & Adolescent Trauma - A systemic approach to working with Complex Trauma*

University of Denver, Graduate School of Social Work – (Fall 2010 to Spring 2014) *30 hour graduate course: Couples Therapy.*

Denver Family Institute – (Fall 2009 , ongoing each year) *20 hour post-graduate course: “Early Trauma and Attachment Problems in Families: A Family Therapy Approach”*

Chinese Children Adoption International – (2004 to present, 3-4 trainings annually) *4-hour Parent Training: “Where Trauma and Attachment Intersect: Providing Healing Parenting for Children Who Have Experienced Early Trauma”*

Core Training for Internationally Adopting Families – (2003-2009) 12-hour course that covered topics including, but not limited to: *Attachment & trauma theory; early brain development; facilitating healthy attachment; adoption issues through the life span; appropriate discipline and parenting styles for neglected or traumatized children; grief, loss, and the “adoption triad”; positive identity development for children in trans-racial families.*

Workshops/Presentations

Nov 2012 Wyoming Foster Care and Adoption Alliance - 2-day training for Foster Care parents and Wyoming Child Welfare Professionals. *"A Family Therapy Approach: Working with Foster and Internationally Adopted Children."*

July 2012 University of Denver - *"The Neurobiology of Clinical Social Work Practice" (Systemic Interventions based in neurobiology research)* 8-hour workshop for professionals and GSSW community and staff.

May 2011 Colorado Boys Ranch Youth Connect – (All day therapist training): *“Attachment & Trauma: Theory and Systemic Tools and Interventions”.*

June 2010 Community Reach – (2 hour agency-wide therapist training): *“Healing Through an Attachment Lens- Systems-based interventions to enhance treatment of complex trauma in children and adolescents. Part 2: Practical Application to Cases – Assessment, techniques, tools, and interventions.”*

April 2010 Community Reach – (3 hour agency-wide therapist training): *“Healing Through an Attachment Lens- Systems-based interventions to enhance treatment of complex trauma in children and adolescents. Part 1: Theory and Basic Overview”*

- October 2009 Asian Pacific Development Center Adoption Conference : *“Trials and Tribulations of Adolescence: What your adopted child might not tell you” Panel Discussion with Transracial Adult Adoptees*
- August 2009 Chinese Heritage Camp II: *“Dealing with Difficult Emotions and Challenging Behaviors”*
- August 2008 Chinese Heritage Camp: *“Grief, Loss, and Talking to Your Child About Adoption”*
- April 2008 COPARC Spotlight on Development Conference: *“Birth to Five – Healing Parenting: How Early Trauma and Loss Impact Children*

Educational Materials/Curriculum Development

“Adopting the Older Child” , Audio Recording with Melanie Tem and Aaron Weimeier for Journeytome.com .

Jan. 2010

“Your Child, Their Trauma”, Power Point for COPARC/Adoption Exchange Foster and Adoptive Parent Training. May 2009.

“Attachment 101” and *“Attachment 102”*, Web Courses for Adoptive Parents for Chinese Children Adoption International. August 2008.

Licensure

Licensed Clinical Social Worker, State of Colorado #992901 (1996)

Volunteer/Service: Educational Advisory Board, (Journey to Me); Adoptive Family Program, Review Committee (Adoption Exchange)